Ethical Consideration

Informed consent of all the participants prior to the experiment will be taken with standard format (as per the Declaration of Helsinki). Further, permission from the Principal of the school will be taken before commencement of the experiment.

Facilities to be required

Manpower: One yoga teacher will be appointed for two months and qualified technical assistants will also be involved for assistance during administration of the pre-test and post test

Equipment: Prior to implementing the project, all the test materials for assessing personality, physical fitness and skills will be made ready well in advance.

Finance: Available with the researcher.

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